

FOR A HEALTHIER YOU



NASA Office of the Chief Health and Medical Officer
Occupational Health
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September is Whole Grains Month

Try to make half of your grains, whole grains!

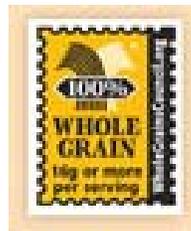
What exactly is a whole grain (WG) food?

The answer is fairly straight forward when you're dealing with 100% whole grains such as a dish of brown rice or oatmeal. However, when a product's ingredients include both whole grains and refined grains the answer is a bit more complex. In many cases, whether such a product is considered "whole grain" depends on which government agency or program, in which country, has a say in the answer. These are the existing standards in the United States.

Post this list of "baby-steps" on your fridge, and try as many as possible this month:

- I'll buy three different loaves of whole-grain bread and taste all of them to see which one I like best.
- I'll serve bulgur or brown rice instead of potatoes with dinner one night this month.
- I'll look for the Whole Grain Stamp every time I shop.

USA 2004 / 2008	USDA / FNS Healthier US School Challenge	All WG ingredients, together, must be the primary ingredient; must contain more whole grain than refined grain.	Food must contain at least 14.75g of total grain (25g for grains such as rice)
USA 2005	USDA / FSIS Interim Policy Guidance	At least 8g WG per serving At least 51% of the grain is WG	none
USA 2007	IOM Report on Competitive Foods	Requires foods to be (or contain a serving of) fruits, vegetables or whole grains but does not clearly define "serving."	Limits on fat, sugar, calories and sodium.
USA 2007	USDA / FNS WIC interim rules	In general, WG must be the first ingredient and foods must qualify for the FDA whole grain health claim.	Only certain grain products qualify; no added sugar, salt, or oil allowed in rice, barley, bulgur or oatmeal; sugar restriction and iron requirement for breakfast cereals.



- I'll try a new breakfast cereal with at least 16 grams of whole grain per serving.
- I'll buy some whole-wheat pasta and try it.
- I'll visit the health food store or a major grocery and look at all the different grains in bins.

Resources:

www.wholegrainscouncil.org
www.eatright.org Whole Grains Made Easy, Fact Sheet.

Visit www.nasahealthieryou.com for more information and to take the HRA.